

Lexington Recreation and Community Programs Department

39 Marrett Road, Lexington, MA 02421 781-698-4800



Thursday Afternoon Ski/Snowboard Program At Nashoba Valley Ski Area



INFORMATION FOR SKIERS, SNOWBOARDERS, AND PARENTS

*****SKI INFORMATION AND CANCELLATION LINE 781-698-4810*****

Welcome to the Thursday Afternoon Ski/Snowboard Program! The following is helpful information for both participants and parents. Please read it through and share it with one another. This information will help answer questions and aid you in having a successful and enjoyable time while learning to ski or snowboard.

~ **Dates/Cancellations/Make-ups:** The six-week ski/snowboard program will run from January 5 through February 9, 2017. Session cancellations* occur when the Lexington Public Schools are canceled, severe weather exists or the program is canceled by Nashoba Valley (which is rare). Make-up sessions, if needed, will be scheduled Thursday, February 16, March 2, etc. No make-up sessions are scheduled on February 23 during school vacation week.

***The Recreation and Community Programs Department ski cancellation line is 781-698-4810. Call after 11:00 a.m.** on the day of the session for updates. Cancellations will also be announced in the schools when possible.

~ **Departure/Buses:** Buses will line up in the lower Community Center parking lot at 39 Marrett Road at 1:00 p.m. for a prompt 1:15 p.m. departure. Depending on the number of registrations there will be one, two or three buses (they will be referred to as bus #1, #2, #3 and not the printed number on the bus). On the first day you will select a bus to ride on for the duration of the program. **The bus you board will be your assigned bus for the entire six-week program.** If you would like to travel with a particular friend, plan to get on the same bus as your friend on the first week. If you are absent the first week, you may call the office and request to be placed on the same bus as your friend; otherwise, you will be assigned to a bus. Parent chaperones will also be riding the bus. Do not board a bus until a chaperone checks you on.

Participants, who have signed up for the bus transportation as part of their package, must ride the bus each week. Frequent exceptions are disruptive in assuring that all children are accounted for at Nashoba and we ask your help in this matter. If, indeed, an exception is necessary, a parent should notify the office by noon Wednesday. The skier must then report to the head chaperone, **with the responsible adult present**, when either arriving at or leaving Nashoba. Ski tags and armbands will be handed out or collected at Nashoba.

Please do not send your child if he/she missed school because of illness on Thursday morning or is not feeling well. You do not need to notify us if your child will not attend due to illness.

~ **Return:** All buses will return to the Community Center parking lot at approximately 5:15 p.m. Please **be waiting for your child** and be patient if the buses run late. We cannot control heavy traffic, weather conditions, or skiers/snowboarders who are late returning to the bus at Nashoba! Remind your child to be watchful of the time after lessons.

~ **Parking:** Parents, please use caution when arriving and departing the Community Center parking lot for the safety of all children and adults. Please park in a safe area away from the buses so as not to interfere with boarding or departure. Please walk your child safely to and from the bus. To facilitate the arrival and

departure of the buses (they make wide turns), we request that you do not park in the lot the buses pull into. Again, your attention to where you park will be appreciated for safety reasons. Also, we remind you that the Board of Health requests that you not idle your car - it's against the law!

~ **Clothing/Equipment/Belongings:** To avoid lost belongings at Nashoba, we recommend that you have a closeable bag (i.e. backpack, small duffle bag, drawstring plastic bag) with your name or some identifying mark on it. Before going to the slopes put all your belongings in this bag and place it in a cubby or shelf in the ski rental building. By the time we leave, there are many, many bags and shoes stored in this building. The skier, who knows where his/her bag is, and can recognize it, will be a happy skier (and the chaperones will appreciate it)!

To avoid injuries, the use of a helmet is recommended for all skiers/snowboarders. Helmets may be purchased for \$60.00 at rental night with cash or check only (payable to Nashoba Valley Ski).

Parents, please provide your children with **warm clothing that is appropriate for skiing**. It is generally colder at Nashoba than in Lexington. Children's hands are **not** warm enough in knitted mittens and feet are **not** warm enough in lightweight socks. This is a cold weather sport! A warm hat and water repellent/insulated ski mittens/gloves (that fit!) with snug wristbands are appropriate. **Children should have a hat, gloves or mittens with them at all times!** The buses are warm so avoid overdressing your child for the ride to Nashoba. Hint: helmets should not be worn on the bus.

Renters will find it is cost effective to attend **a pre-fit at the Lexington Community Center dining room from 6:30 p.m. to 8:00 p.m. on Thursday, December 1**. If you are renting, you must be fitted for your equipment. Checks (no credit cards) in the amount of \$110.00 should be made out to Nashoba Valley Ski Area. If you have received a rental form, please bring it with you (more will be available). If you are unable to make the pre-fit, you must go to Nashoba **before** January 1, 2017 (rentals will be \$120.00). An adult must sign the form and present a driver's license. You must register for group rentals in advance. You **will not** be able to rent equipment on the first day of the program!

Non-renters can stow their equipment outside on the racks (ski locks are recommended) and use the ski rental facility to put on boots and store belongings. For safety, carry ski tips up and pole tips down! It is recommended that you have something to hold your equipment together (two Velcro straps work great).

Electronic items and cell phones should be left at home. There is no safe place to keep these items while skiing. They can often be misplaced or lost. Chaperones are not responsible for them.

~ **Armbands and Ski Tags:** Each week you will be provided with a Lexington armband and a ski tag. These will be handed out before arriving at Nashoba and collected when you are seated on the bus at Nashoba. **Do not remove them** until a chaperone asks to collect them on the bus. You are responsible for them during the day. Parents who have chosen the "no bus" option may pick-up the ski tag late in December at the Recreation office. Parents are responsible for their own child's tag during the program.

~ **Arrival at Nashoba Valley:** You must take all your belongings off the bus since the buses do not stay at Nashoba. For safety reasons **DO NOT RUN THROUGH THE PARKING LOT!** Ski Patrol takes notice and so do we! Participants who are renting equipment will be the first ones off the bus. Chaperones will accompany you to the ski rental facility and assist with check-in. You will need to provide your name and you will receive your equipment. There will be time to ski/snowboard with a buddy before the lessons. First-time skiers and snowboarders will have time to become familiar with equipment and snow conditions on the first day.

~ **Ski/Snowboard Lessons:** Lessons are one hour long and **begin at 3:00 p.m. (you cannot switch lesson times)** in front of the ski rental building for skiers and to the far right by the triple chair for snowboarders. You will be tested the first week and assigned to a ski school class. If you miss the first

session, you will be tested the following week. Go to the lesson area 15 minutes early the first week and five to ten minutes early the following weeks. **Remember the level you have been assigned as well as the instructor's bib number.** Stay in line while waiting for your class to depart the Ski School area. Leave your equipment on while waiting!

Following the lesson, you may continue to ski/snowboard with a buddy on the slopes where your instructor has taken you, or you may choose to take a break before boarding the bus. Hint: there may be time available for one run (depending on the length of the lift line) for those renting equipment and two to three runs for those with their own equipment. **Return rentals by 4:15 p.m.** if you are renting. There are clocks at the bottom and top of the lifts and you can always ask someone for the time!

~ **Boarding Buses at Nashoba:** Meet at 4:30 p.m., with your belongings, at the end of the boardwalk off to the side (so people may pass) and **wait** for a chaperone who will direct you to the buses. The buses are not always in the same order at Nashoba. **Do not board the bus until a chaperone checks you on.**

~ **Chaperones** will be on the bus and at Nashoba to help you when needed but you should take care of your own equipment and belongings. Chaperones will also be wearing Lexington armbands. Never hesitate to ask questions or seek out help.

~ **Snacks:** The lodge at Nashoba sells hot and cold refreshments. There is ample time for a snack when we arrive (before the lessons begin). If you buy food at the end of the day, remember to **allow time** to eat before boarding the bus. Food and drinks **are not allowed** on the bus so please plan ahead.

~ **Restrooms:** Girls and boys restrooms are located inside the front entrance to the lodge.

~ **First Aid:** Please report any injuries to the head chaperone. The first aid room is adjacent to the rental facility and Ski Patrol has medical staff on duty. In the event there is an injury, a parent will be contacted. **PARENTS, THE EMERGENCY CONTACT NUMBER ON YOUR CHILD'S FORM MUST BE A NUMBER WHERE YOU CAN BE REACHED ON THURSDAY AFTERNOONS DURING THE PROGRAM.** Should this number change at any time, please notify our office or the head chaperone.

~ **Lost and found:** There is a lost and found box in the ski rental building and the lodge. After you have looked for your missing item and if you are unable to find it, tell a chaperone. Every effort will be made to help you locate it. (Helpful hint: Nashoba does not save everything until the end of the season. Look early and often for lost items!) The Recreation and Community Programs Department does not assume responsibility for any lost items.

~ **Behavior:** Skiers and snowboarders must show respect for one another on and off the slopes. Please listen respectfully and attentively to all instructions, requests, rules and regulations given by the program staff. **Yelling, fighting, teasing, swearing, disruptive behavior, and failure to follow the rules on the bus and at Nashoba will not be tolerated.** Skiing, snowboarding, and transportation privileges will be taken away if this becomes a problem at any time. Parents will be notified. Anyone caught with drugs or alcohol will be removed from the program immediately, no questions asked! In the event you are dismissed from the program, a refund will not be given and you may run the risk of future participation in Recreation and Community Programs Department offerings.

Please review the "Participant Conduct Guidelines and Expectations" and "Responsibility Code for Skiers and Snowboarders" at the end of this information sheet, whether or not you are returning or are new to the slopes.

~ **Of Special Note:** **Make-up sessions** are consecutive unless otherwise noted, i.e., the program meets each week until the six-week sessions are completed. Make-ups are scheduled only when Nashoba is closed or the program is canceled because of severe weather conditions. If needed, make-up sessions

will be on February 16, March 2, etc. (there is no make-up session scheduled during school vacation week). An individual make-up session cannot be scheduled for participants who miss a regularly held ski/snowboard session. In the event of adverse weather conditions during the six-week ski program, Nashoba Valley Ski Area reserves the right to issue credit coupons. The \$50.00 non-refundable deposit will not be returned as a result of this cancellation.

If **withdrawing** from the program, we will not guarantee a refund or credit after December 22, 2016. The \$50.00 non-refundable deposit will be deducted from all withdrawals.

For many years the Thursday Afternoon Ski /Snowboard Program has been successful. The participants quickly become acquainted with the routine and become quite independent while having a fun time at Nashoba. While this is a lot of information to think about, we hope it has answered many of your questions ahead of time. Further reminders and instructions will be given to the participants when the program begins.

See you in January and THINK SNOW!

PARTICIPANT CONDUCT GUIDELINES AND EXPECTATIONS

While participating in Recreation and Community Programs Department run or sponsored event:

- Participants will use polite and appropriate language. They will not swear, make unkind or mean spirited comments to or about other people involved in the program.
- Participants will treat others with respect at all times.
- Participants will listen respectfully and attentively to all instructions, requests, rules and regulations given by program staff.
- Participants will follow and obey the rules and regulations of the program.
- Participants should feel comfortable politely asking appropriate questions or for clarification of rules and regulations.

RESPONSIBILITY CODE FOR SKIERS AND SNOWBOARDERS

- Ski/snowboard under control and in such a manner that you can stop or avoid other skiers/snowboarders and objects.
- When skiing/snowboarding downhill or overtaking another skier/snowboarder, you must avoid the skier/snowboarder below you.
- You must not stop where you obstruct a trail or are not visible to on-coming skiers/snowboarders.
- Yield to other skiers/snowboarders when skiing/snowboarding downhill.
- Keep off closed trails and observe all posted signs.
- Do not ski or snowboard on a slope above your ability.
- Approach the lift lines under control.
- When riding a chairlift, pair up or triple up when in the lift line.
- Do not cut in line.
- Do not stand directly under the chairlift.
- No clicking skis while riding the chairlift; skis might fall off and injure another skier below.
- Do not intentionally drop or throw anything when riding the lift.
- There is to be no jumping, fast skiing/snowboarding, or “tucking” down Nashoba slopes.
- Crossed skis, poles, bamboo poles, or netting block off an area for a specific reason (injured skier/snowboarder, snowmaking equipment, races, etc.). Observe these warnings and do not ski/snowboard near that area.